



## **WHAT YOU CAN DO TO HELP MEET YOUR NEEDS**

### ***Active Duty & Reserve Soldiers Mobilized at Fort Hood***

- ✓ Focus on resources available on post
- ✓ Call the Behavioral Health Hotline at (254) 553-3480
- ✓ Call the R&R Center at (254) 553-2288 or 553-2287
- ✓ Make an appointment with your primary care provider
- ✓ Substance abuse services are available by calling (254) 287-2892
- ✓ Contact a chaplain by calling (254) 287-CHAP
- ✓ Contact the Resiliency Campus for wellness, stress relief and spiritual fitness by calling (254) 383-1631 or 1-800-784-2433
- ✓ Confidential Community resources are available with up to 12 free visits through Military One Source – phone 1-800-342-9647

### ***Reservists Back at Home Station***

- ✓ Contact the BH Hotline at (254) 553-3480 to follow up with your case manager
- ✓ Your case manager will coordinate a local appointment for you
- ✓ Make an appointment with your primary care manager at your local duty station or visit the local emergency department if an emergency
- ✓ Contact the Family Hotline at (254) 288-7570 or 1-866-836-2751
- ✓ Confidential community resources are available with up to 12 free visits through Military One Source by phoning 1-800-342-9647

### ***Active Duty Families, Retirees & Retiree Family Members with TRICARE Prime***

- ✓ Call the BH hotline at (254) 553-3480
- ✓ Make an appointment with your primary care provider
- ✓ Visit the CRDAMC Emergency Dept. with in-house social workers if your concerns are urgent or emergent
- ✓ Call Child and Adolescent Psychiatry at (254) 288-8731 or (254) 286-7079/7820
- ✓ Operation Homefront is free – walk-in at the S&W Killeen Clinic or call (254) 680-1100
- ✓ TRICARE Prime – authorized 8 behavioral health outpatient visits with a TRICARE provider per fiscal year without a referral 1-800-444-5445

### ***DoD Civilians***

- ✓ Call the BH hotline at (254) 553-3480
- ✓ Call Occupational Health at (254) 286-7232
- ✓ Visit the CRDAMC Emergency Dept. with in-house social workers if your concerns are urgent or emergent
- ✓ Visit your doctor associated with your civilian insurance policy